


AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY
SENIOR DINING AND MEALS ON WHEELS MENU SEPTEMBER 2018

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
HAPPY LABOR DAY NO MEALS SERVED 	Whole Grain Spaghetti w/ Italian Meat sauce Spinach Salad w/ Raspberry Vinaigrette Italian Bread w/ butter Pear Half Dessert Bar Alt: Fresh Fruit	Porcupine Meatballs w/ Gravy Wild Rice Blend Fry Bread w/ Butter Seasoned Squash Apple Pie Alt. Fresh Apple	Philly Chicken Sandwich Onions/peppers/provolone Wheat Kaiser Roll Baby Bakers w/ butter Country Style Vegetables Fruited Yogurt	Beef Stroganoff Buttered Egg Noodles Glazed Beets Sourdough Bread w/ butter Fresh Pear
10	11	12	13	14
Swedish Meatballs Egg Noodles w/ gravy 5-way Mixed Veg Mandarin Oranges Bread w/Butter Butterscotch Pudding Alt. Diet Pudding	Peachy Pork Roast Cheesy Potatoes Maui Vegetable Blend Potato Dinner Roll w/ butter Fruited Yogurt	Back to School Roast Beef and Cheddar on an Onion Roll w/Mayo Carrot sticks w/Ranch Watermelon Sun Chips Baker's Choice Cookie	Turkey à la King Seasoned Rice Brussels Sprouts Dark Rye Roll / butter Pineapple Juice Chocolate Chip Cookie Alt. Fresh Orange	Baked Ham Scalloped Potatoes Broccoli Wheat Bread w/ butter Pineapple Tidbits
17	18	19	20	21
Pork Chop Suey Soy Sauce Packet Brown Rice Oriental Blend Veg Cook's Choice Fruit Dinner Roll w/ butter Snickerdoodle Cookie Alt. Orange	Chicken Stroganoff Buttered Noodles Stewed Tomatoes Whole Grain Bread w/ butter Mandarin Oranges	Open-faced Hot Turkey and Gravy over bread Mashed Potatoes and gravy Peas and Carrots Frosted Yellow Cake Alt. Fresh Fruit	Summer's Last Stand Brat on Sausage Roll Ketchup / Mustard Baked Beans Potato Salad Fresh Melon Ice Cream Cup Alt. Sugar Free Ice Crm	MANDATORY STAFF TRAINING PROGRAM CLOSED
24	25	26	27	28
Pub Burger on Kaiser Roll with Fried Onions and provolone Ketchup and Mustard Potato Casserole Wisconsin Blend Veg Chocolate Chip Cookie Alt. Banana	Meatloaf w/ Gravy Garlic Mashed w/ gravy Crinkle Cut Carrots w/Dill 7 Grain Bread w/ butter Mixed Fruit Cup	OKTOBERFEST Schweinebraten (Seasoned Pork Roast w/mustard and Onions) Sauerkraut Brezen (Lg. Soft Pretzel) Mashed Potatoes butter Spinach Salad dressing Applesauce	Roast Beef w/ gravy Loaded Mashed Potatoes Green Beans Almandine Cornbread Muffin w/ butter Mint Brownie Alt. Diced Peaches	Garlic and Herb Grilled Chicken Breast Roasted Red Potatoes Yellow Wax Beans Multigrain Bread W/ Butter Fresh Pear

SENIOR DINING AND MEALS ON WHEELS MENU OCTOBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
BBQ Pulled Pork On Kaiser Roll Au Gratin Potatoes 5-Way Mixed Vegetables Tropical Fruit	Chicken Cordon Bleu Wild Rice Blend Spinach Salad w/ Raspberry Dressing Rye Bread w/ butter Cinnamon Apple Slices	Oven Roasted Chicken on the bone Potato Salad Green Bean Casserole Multigrain Bread butter Banana Cake w/Cream Cheese Icing Alt. Banana	Green Pepper Casserole Dill Baby Carrots Garlic Breadstick w/ butter Fresh Orange Lemon Pudding Alt. Sugar Free Pudding	Oven Roasted Pork w/ Apricot Glaze Mashed Sweet Potatoes Key Largo Vegetables Biscuit w/ butter Apple Crisp Alt. Fresh Apple
8	9	10	11	12
Swedish Meatballs Buttered Egg Noodles Creamed Spinach Bread w/Butter Tapioca pudding Alt. Diet Pudding	Turkey Burger w/ Provolone on Whole Wheat Bun Ketchup / mustard pkts Cottage Fries ketchup Buttered Sweet Corn Pineapple	Beef Stew with Carrots and Potatoes Green Sweet Peas Cornbread w/ Butter Applesauce Pumpkin Pie w/ Whipped Topping Alt. Diet Pudding	Tuna Salad on Croissant w/ lettuce & tomato Pickled Beet Salad Fruit Salad Lemon Sunshine Cake Alt. Diet cookie	Garlic Lemon Chicken Baked Sweet Potato w/ butter 3-Bean Salad Wheat Bread w/ butter Cook's Choice Cookie Alt. Diet Cookie

PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE WITHOUT NOTICE; 1% MILK INCLUDED; ALT= LOW SUGAR ALTERNATIVE

Reservations are required at least **ONE BUSINESS DAY** in advance. Call the center where you will eat between 10:30 a.m. - 1:00 p.m. on days that site is open for a reservation, or call the office at 262-548-7826, Monday – Friday, before 1:00pm.

Visit our website at: www.waukeshacounty.gov

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BROOKFIELD
Brookfield Community
Center

2000 North Calhoun Road
PHONE: (262) 782-1636
OPEN: Monday thru Friday

BUTLER

Hampton Regency

12999 Hampton Avenue
PHONE: (262) 783-5506
OPEN: Monday thru Friday

HARTLAND

Breezewood Village

400 Sunnyslope Drive
PHONE: (262) 367-5689
OPEN: Mon., Wed. & Fri.

MENOMONEE FALLS

Menomonee Falls

W152 N8645 Margaret Road
PHONE: (262) 251-3406
OPEN: Monday thru Friday

MUKWONAGO - VERNON

Birchrock Apartments
280 Birchrock Way
Mukwonago, WI
PHONE: (262) 363-4458
OPEN: Mon, Tues, Wed,
Thur.

FOOD ADDITIVES – nature or science?

Both nature *and* science! Studies continue on the chemicals in our food to determine whether or not they are safe to consume. There are very valid concerns about what artificial food additives, flavorings and preservatives are doing to our bodies and minds. While the jury continues to deliberate on the short and long term health effects, food additives remain. However, even though the names sound intimidating, the additive may be perfectly natural.

Here is an overview of a few of the more popular food additives used to help enhance flavors, prevent growth of harmful microorganisms and keep our food shelf-stable:

A flavor enhancer widely used in the food industry is Monosodium Glutamate. Found in nature in tomatoes as well as in fermented and aged foods such as cheese and soy sauce, these sodium salts of Glutamic Acid are found nearly everywhere in food manufacturing. MSG was classified as *Generally Recognized As Safe* (GRAS) by the FDA in 1959. It is used to enhance what’s known as “Umami”, or the meaty, soft, hearty taste of food.

Food acids like vinegar, malic acid and tartaric acid are added to foods to make them sharper in flavor as well as to prevent the growth of microorganisms. Natural malic acid is what gives green apples their tartness. Tartaric acid occurs naturally in many plants.

Food colorings have been around seemingly since the beginning of time. They not only change the color of the food, but they can also change the perceived flavor of the food.

Added flavors are widely used in food production, and can influence the flavor of the food as well as the aroma. But not all added flavorings are artificial—many are natural flavors.

Many foods like ice cream and mayonnaise require emulsifying agents to keep them in a mixed state during storage. Examples of food emulsifiers are egg yolks, mustard and honey.

Food additives are everywhere, but not all of them are necessarily bad.

Did you know?

- Salt, sugar, alcohol, vinegar and hops are natural preservatives. Same with rosemary extract as well as citric acid from lemons and limes.
- Sodium nitrite is an inorganic compound used to prevent microbial growth; especially Botulism. It is responsible for the classic red color of cured meats.
- Humectants prevent food from drying out. Glazing agents provide a shiny appearance or protective coating on foods. There are also antifoaming agents.
- Some studies have implicated artificial colors and flavors in making symptoms of ADD and ADHD worse. Studies have been inconclusive and are ongoing.

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Visit our website at: www.waukeshacounty.gov

MUSKEGO
Stoney Creek Adult Community
S69 W14142 Tess Corners
PHONE: (414) 422-0420
OPEN: Mon., Wed., & Fri.

NEW BERLIN
National Regency
13750 W. National Ave
PHONE: (262) 784-7877
OPEN: Monday thru Friday.

OCONOMOWOC
Oconomowoc Community Center
210 W. Wisconsin Avenue
PHONE: (262) 567-5177
OPEN: Monday thru Friday

SUSSEX
Sussex Civic Center
N64 W23760 Main Street
PHONE: (262) 246-6747
OPEN: Monday thru Friday

WAUKESHA
La Casa Village
1431 S. Big Bend Road
PHONE: (262) 547-8282
OPEN: Monday thru Friday